



# Virtual Newborn Basics Groups

## Join HealthNet's Newborn Basics Group from the comfort of your own home!

The health and safety of you, your baby and our team members are our priority. That's why we are offering a virtual option for Newborn Basics Group. We will send you an email invite with instructions to join the class.

### HealthNet's Newborn Basics Group

In this group you will learn:

- How to take care of your baby in the first month of life
- 5 soothing techniques for newborns
- You will get a BABE Coupon once you complete the virtual class

### To join the group you will need:

- An email address
- Computer or mobile device
- Internet access

### Dates and Times

Groups are held every other month on Tuesday's from 6:00 p.m. – 7:30 p.m.

October 19, 2021  
December 21, 2021

### Register

You can sign up for a class 3 ways:

- At your prenatal visit,
- Online through your Patient Portal, or
- Call 317-957-2022

### Registering through your Patient Portal

1. Log into your Portal account
  - If you do not know your username or password, select the option "*Can't access your account?*"
2. Create a "General Message"
  - **Facility:** Choose your health center
  - **Provider:** Choose your OB provider
  - **Subject:** Type "Newborn Basics Group" in the subject line
  - **Message:** Type the date of the class you would like to attend
3. Click "Submit"

**You will be contacted to confirm your registration.**

